

CANDIDATES

GOVERNOR / LT. GOV
Janice Bosewell / Leslie Wandrie
Teresa Dorsett / Chris Derenzo
Darrell Flyingman / Nelson Clark

ARAPAHO DISTRICT ONE LEGISLATOR
Jane Nightwalker
Scottie Sankey
Richard D. Williams

ARAPAHO DISTRICT TWO LEGISLATOR
Michael Kodaseet
Christine Morton
Alvin Basil Pollock
Kendrick Sweezy

CHEYENNE DISTRICT TWO LEGISLATOR
Clifton Ellis
Rollin E. Hamilton
Marlin Hawk
Rachel Lynn
Malaina Tallbear

CHEYENNE DISTRICT FOUR LEGISLATOR
Pete Salinas
Fiona Whiteskunk

ELECTION SCHEDULE

Oct. 6, 2009
PRIMARY ELECTION DAY – Polls open from 7 a.m. to 7 p.m./ Absentee Ballots must be returned by mail to the Concho, Okla. post office no later than 3 p.m. /Election Commission counts the ballots after the close of the polls

Oct. 7, 2009
Preliminary results of the Primary Election are posted by 9 a.m.

Oct. 8, 2009
Deadline to file a request for a recount --- No later than 9 a.m. / Deadline to file written challenges to the preliminary results of the Primary Election ---- No later than 9 a.m.

Oct. 10, 2009
Deadline for the Election Commission to render a decision on any challenges filed to the preliminary results of the Primary Election - No later than 9 a.m.; Primary Election results are certified, and final results of the Primary Election are posted

Oct. 13, 2009
Deadline to mail out absentee ballots for the General Election to eligible voters



Nov. 3, 2009
GENERAL ELECTION DAY – Polls open from 7 a.m. to 7 p.m./ Absentee ballots must be returned by mail to the Concho, Okla. post office no later than 3 p.m./ Election Commission counts the ballots after the close of the polls

Nov. 4, 2009
Preliminary results of the General Election are posted by 9 a.m.

Nov. 5, 2009
Deadline to file a request for a recount ---- No later than 9 a.m. / Deadline to file written challenges to the General Election results - No later than 9 a.m.

Nov. 7, 2009
Deadline for the Election Commission to render a decision on any challenges filed to the preliminary results of the General Election - No later than 9 a.m.; General Election results are certified, and final results of the General Election are posted

Jan. 2, 2010
Oath of Office administered by a Justice of the Supreme Court to all newly elected officials.



Photo by Dana Attocknie

Ann Chappell stands in front of her Farmer's Insurance agency in Duncan, Okla. She also started a salad catering and U-Haul business.

Once Chappell, Cheyenne, started her own Farmers Insurance agency, the career opportunities continued to blossom.

With extra space in the building she's renting, Chappell began her own salad catering business as well. Then later, her and her husband began to rent U-Haul's since there was ample space in the parking lot.

The U-Haul business helps steer in new residents to her insurance office, and her catering business also introduces her to new clients.

"It's scary to start a business," Chappell said. "It makes you work a little harder. You're not working for someone else ... you got to make it happen."

Chappell's advise to anyone interested in owning a business is to find out more about what interests them.

"It's not a man's world anymore," Chap-

pell said. "Education is probably key."

What also helps Chappell is her family.

"I have good family support," she said.

She married her high school sweetheart Keith Chappell 32 years ago. She has three children, Jamie, 28, Richard, 26, and Chris, 20. Her two granddaughters are Cameron, 9, and Sydney, 5.

Her oldest daughter and a nephew help her with the catering business. Chappell said they'd cater anywhere, even at different events or during the evening hours.

Her insurance business also

knows no boundaries, since she is licensed to sell insurance anywhere in the state of Oklahoma. She's even tossing around the idea of opening a satellite insurance office.

"We can duplicate ourselves and

In full bloom

By Dana Attocknie,
Managing Editor

Ann Chappell has the perfect boss – her self. "I've always wanted to see what it's like to own my own business," Chappell said. "Over the years it's always been a dream to be a business owner."

Chappell began working in the insurance business in 1977 for both large and small agencies. She was intrigued with the business side of things and eventually began working for Farmer's Insurance. Six months ago, she began a new path within Farmer's and established her own Farmers Insurance agency in Duncan, Okla. The insurance business comes natural to her, she said.

"I like to meet the public," she said. "I try to take on a policy like it's my own."

help more people," Chappell said. "When I got into it, the sky's the limit as to what you can do."

In April, Chappell attended Farmer's University in California for training and learned the step for success so she can grow with their career track program and become a full time agent. She has already helped train another employee and said she loved it. Chappell said at first she thought having her own business was out of reach, but learned it's not.

"Step out," she said to encourage other people thinking about starting a business. "It's a risk, but well worth it."

For more information about Farmer's Insurance or Chappell's salad catering and U-Haul business, call (580) 786-0764.



Public Notice

Oct. 2, 2009 is the deadline for **complete enrollment applications** to be submitted for consideration of membership and participation in the 2009 Trust Per Capita distribution.

Enrollment applications can be obtained in the Concho office or downloaded from the tribes' Web site.

Public Notice

In the upcoming **A-3 Special Recall Election** on Wednesday Sept. 16, 2009, there will be two poll sites in A-3. The poll site will be open from 7 a.m. to 7 p.m. **Photo ID is required.**

The A-3 poll sites are:

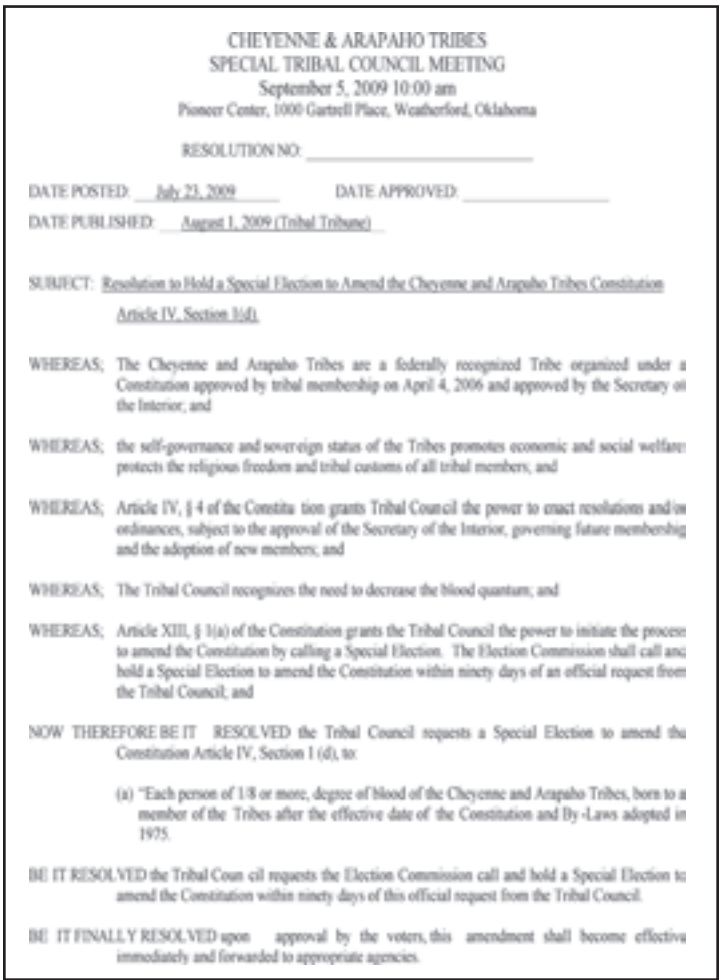
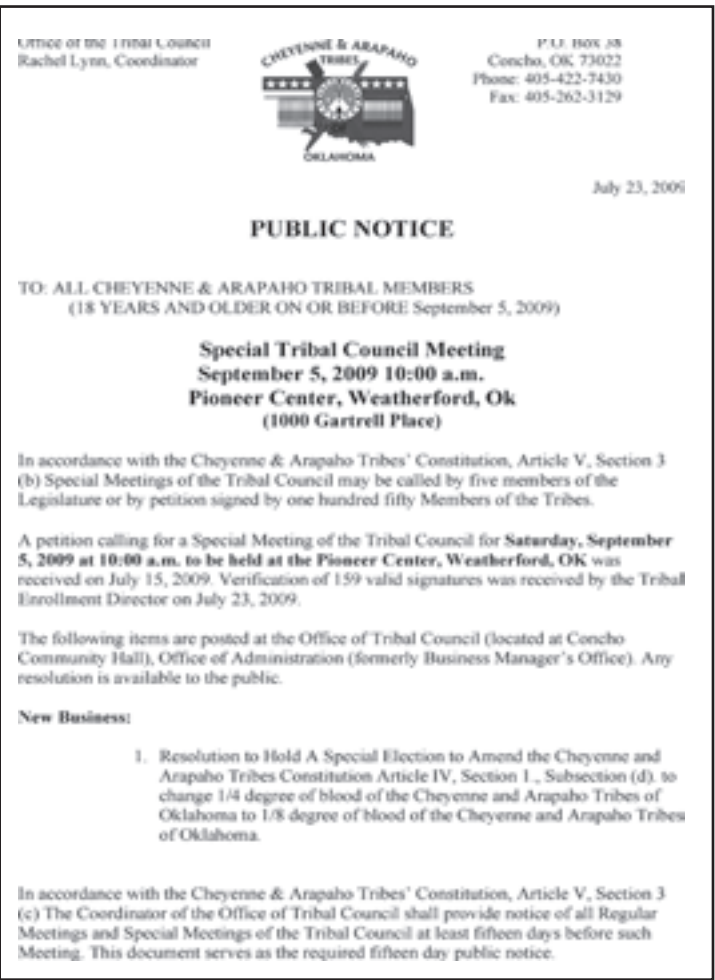
- **Western Technology Center, Weatherford**
- **Old W.I.C building, Clinton Indian Hospital, Clinton.**

The A-3 voters registered with a Weatherford, Corn, Thomas, Custer City, Putnam, Taloga or Colony address will vote at the Weatherford poll site.

The A-s voters registered with a Clinton, Arapaho, Bessie, Rocky or Cordell address will vote at the Clinton poll site.

Public Notice

The Social Services Department is announcing that the ***2010 Low Income Home Energy Assistance (LIHEAP) Program plan** and the ***2010 Community Service Block Grant Food Voucher Program plan** are available for public review and comment. Please inquire at the Social Services Department.



El Reno preserves history while building future

By Rosemary Stephens, Reporter/Graphic Artist

Driving into the small town of El Reno, Okla. there are historical buildings and landmarks everywhere, such as the Centre Theatre. For the El Reno Convention and Visitor’s Bureau (ERCVB) it is all about preserving the historical buildings and landmarks while modernizing the city for the future.

“The Centre Theatre is a historical landmark here and we are attempting to preserve it as well as utilize the building for offices,” Gene Stroman, ERCVB director said. “It was originally built in 1938 and can be a beautiful landmark again and used by the citizens of El Reno.”

The Centre Theatre sat empty for over four years deteriorating when the ERCVB launched the idea of restoring the building to be used again for community functions, films and house the offices of the ERCVB staff as tourism in El Reno continues to grow.

The first theatre to have been built on the site was the El Caro Theatre built by Red Slocum in 1938. After the El Caro caught fire and burned, Slocum consolidated with the Griffith organization. Together they built the new El Reno Centre Theatre that opened on Dec. 1, 1944. The new theatre was one of five theatres to be completed in the United States during WWII.

The maga

See future, page 12



Photos by Rosemary Stephens

Inside the Centre Theatre seats 375 people with plans to install more seating.

Billy Coats works to remove old tile and debris from inside the Centre Theatre.

Clearing up a few myths on health insurance reform, Indian Health Service

By Kimberly Teehee

I wanted to ... debunk the myth that the Indian Health Service (IHS) is a government health plan gone wrong. It is truly unfortunate that recent press stories seek to scare Americans about health insurance reform by highlighting the IHS system.

First, the IHS system is not an insurance plan. And comparing the two is like comparing apples to oranges. IHS provides comprehensive health care services to approximately 1.9 million American Indians and Alaska Natives living on or near reservations in 35 states. Some of these health services include doctor visits and check-ups, dental and vision care, diabetes prevention and treatment, mental health and substance abuse treatment, and home health care.

IHS also helps construct hospitals and clinics and provides safe drinking water and sanitation facilities to American Indians and Alaska Natives. Health insurance, by contrast, provides individu-

als a guarantee to a defined set of benefits for a price. While the IHS accepts insurance payments for care it provides, it is not an insurance plan.

Second, national health reform will not dismantle IHS. American Indians and Alaska Natives will continue to have access to their Indian health service facilities.

And third, while Indian health has been is historically underfunded, several tribes have developed innovative and award winning approaches to provide health care to their communities.

These sites serve as successful models for other rural and public health programs.

President Barack Obama supports IHS, which is why he proposed a 13 percent increase in the FY 2010 budget, and invested \$590 million in the American Recovery and Reinvestment Act of 2009.

Kimberly Teehee is senior policy advisor for Native American Affairs at the White House Domestic Policy Council.

Director addresses national, local health concerns

By Yvette Roubideaux, M.D., M.P.H, director

I am writing today to provide an update and information about health reform, both the national efforts and our own process for internal Indian Health Service (IHS) reform.

National health reform

- You may be hearing IHS mentioned during the debate about the proposed legislation for reform of the US healthcare system (national health reform).

Some people are trying to make the argument that the “public option” proposed by Congress to increase access to health insurance is a bad idea because it would be “government-run” and a few people are using the example of IHS as why this would be a bad thing.

However, it is important to note that this is not a correct comparison – IHS is not a form of health insurance like the proposed public option.

Also, the argument that “government-run” healthcare is a bad thing is not actually accurate – many people are satisfied with their care in Medicare, Medicaid, Veterans Administration (VA) and IHS and are grateful to have these options. Britain even defended itself from this argument.

While we have areas where we need to improve the IHS, there also are many areas where we do an excellent job at providing care to our patients.

The comparison and use of IHS in the health reform debate

is not really correct.

- I have also heard a concern that IHS health reform and the public option would lead to the dismantling of the IHS. That is not true.

The federal government honors its trust responsibility to provide healthcare to the patients we serve and the Indian Health Service will continue with US health reform.

If there is a new “public option” for health insurance, it means that our patients would have another choice for healthcare insurance coverage to purchase.

President Barack Obama has said that if you like your current coverage, you can keep it; and if you want another option, that is what US health reform could provide.

It is true that many provisions in the proposed legislation could impact the Indian Health Service, in terms of reimbursement/collections, etc.

You may have seen position papers on these issues from tribes and tribal organizations recently.

Please be reassured that nothing in the proposed legislation is intended to “dismantle” IHS. IHS will continue.

Obama supports strengthening and modernizing the Indian Health Service.

Internal IHS reform

- I sent the email below earlier this month to ask for input on internal IHS reform.

I encouraged both individuals and groups to submit input

on their top three priorities for internal IHS reform to the email address below. Despite a few bumps, the email address is working now (IHSreform@ihs.gov).

We should have our health reform Web site up soon that will allow you to track progress on this issue.

- I would like to address some concerns I have heard from staff about providing input.

Some people are concerned about the confidentiality of their responses, and some are concerned they would get in trouble for going “outside” the chain of command or that their supervisors might somehow retaliate against them for providing input.

Please note the following ground rules for this discussion about internal IHS reform:

- o Everyone should have the opportunity to provide input
- o Please focus on priorities for improvement of the work we do – please do not focus on improving specific individuals!
- o We are looking at how we can improve the way we do business in general.
- o The chain of command for this specific activity is that individuals or groups can submit comments directly to the email address below.
- o Please send them to that address, not directly to me, because they will likely get lost in my ever growing inbox.
- o I encourage groups of people to get together, such as your immediate office staff, to discuss priorities for IHS re-

form and submit those to the email address below in addition to what you submit as an individual.

I think it is helpful to everyone to have discussions about improvement in our system.

- o NO ONE should be punished or retaliated against for providing input on internal IHS reform. This needs to be a positive process.
- o Creative ideas should be encouraged. However, brief responses are encouraged!
- o The input you provide is confidential. I have a couple of staff assisting me with compiling the responses but they have been instructed to keep your responses confidential.

When we summarize and review input, we will remove your name and any identifying information from the comments.

So please do not worry – I do not want a worry about this to prevent you from providing input.

- o Yes, I do want to hear your input. I find it funny that people question whether I am serious about asking for input! I am reading emails that are submitted with input on this topic.
- We have already received many interesting responses. Remember, the deadline for telling us your top three priorities for internal IHS reform is Aug. 30, 2009.
- Your input will help inform us in our our efforts to begin the process of changing and improving the IHS.

Thank you for your participation in this important activity.



Cross

Continued from page 1

as well.

Cross works to help keep the Army vehicles running properly and makes sure the equipment is up to date. He’s stationed at Fort Drum in New York and is a member of the 10th Mountain Division. He has also helped with recruiting efforts on the Northern Cheyenne reservation.

“It felt pretty good, like I really accomplished something,” Cross said.

He said the kids he spoke to on the reservation had a lot of doubt within them.

“I adapted pretty well,” Cross said. “I kept my uniform clean and my mouth shut. It’s been pretty fast-paced so far.”

During his youth, Nightwalker said her son wasn’t the same as he is today.

“Rusty, before Job Corp, was a different boy ... he was giving me a hard time,” she said. At one point, Nightwalker said her boyfriend, who also served in the military, told Cross, “With that kind of attitude you’re not going to do nothing but flip burgers.”

With that push and the family’s military history, Cross earned his welding certificate from Job Corp

See Cross, page 8



Photo by Dana Attocknie

Instructor Jack Utter teaches the Water Rights and Water Law seminar from July 29 to 30, 2009 at Redlands Community College in El Reno, Okla.

Tribes host Falmouth seminar on water rights

By Dana Attocknie, Managing Editor

A flood of information pertaining to tribal, federal and state water rights is given to participants during a two-day seminar.

The Cheyenne and Arapaho tribes in partnership with the Falmouth Institute sponsored a Water Rights and Water Law seminar from July 29 to 30, 2009 at Redlands Community College in El Reno, Okla.

Participants studied case law examples, state water laws and treaty rights, in addition to fundamentals such as the Endangered Species Act, the Clean Water Act and regulations.

Instructor Jack Utter touched on government-to-government consultation by quoting Executive Order 13175, which states, “Each agency shall have an accountable process to ensure meaningful and timely input by tribal officials in the development or regulatory policies that have tribal implications.”

He listed elements for a tribal water code, such as creation of administration agency/water board, description of permit system/beneficial uses, how

rights are lost, and penalties and enforcement.

With non-Indian water rights, Utter said there are two systems, the Riparian and Prior Application. There are also federal reserved water rights. The Riparian systems were composed from English common law, whereas Prior Application is established from customary uses and federal statutes.

Utter said Oklahoma used to have a Riparian state water law, but is now considered a hybrid state, along with Texas, Kansas, Nebraska, North Dakota, South Dakota, Oregon, Washington and California.

Oklahoma Gov. Brad Henry signed legislation pertaining to Oklahoma’s current and future water necessities on June 1, 2009. House Bill 1483 was designed to protect the state water supply and will not allow out-of-state water permits to impair interstate compacts with other states. Currently, Oklahoma has four interstate stream compacts.

“This bill helps us control our own destiny,” Rep. Dale DeWitt, R-Braman and author of the bill, stated on the Oklahoma House of Representatives Web site.

Attention veterans

The Cheyenne and Arapaho Color-Honor Guard was started with the intention of bringing a sense of pride and honor to the representation of our tribes.

The Color-Honor Guard started with a thought to fire rifles at the cemeteries on Memorial Day to give honor to the many veterans who sacrificed their lives.

After many generations of warriors and veterans serving and protecting our people and our country, we did not have a Color-Honor Guard until 2006. Whether we stood together in combat duty or non-combat service, we stood together to serve with pride and honor our people and our country.

While we may not be using the strict, by-the-book military code of conduct, we do remember that as tribal veterans we are representing the Cheyenne and Arapaho tribes, our relatives and friends, those that have gone on before us, and the generations yet to come.

Our service to our tribes and

people is not political. Our service to our tribal government is not political. In military service we stood by each other without regard to race, religion, sex, or politics. That idea continues with the Cheyenne and Arapaho Color-Honor Guard. We represent Cheyenne and Arapaho people and all branches of service.

We would like to see more participation with the Color Guard. This is a volunteer service that is not part of a tribal program so we have no one on payroll. While we would like to see active participation, no one is expected to be at every event we attend.

If you, or any tribal member you know, is interested in joining the Color Guard, please call 1 (800) 247-4612 ext27412 or visit the District A1 office for an application.

Richard Williams, District A1 legislator and Color Guard commander

Mock Tall Bear, Color Guard co-commander

Elder Care Outreach schedule

The Elder Care Outreach schedule is changed for September 2009 and only for the month of September.

- Elder Care will be in the Watonga outreach office from 9 a.m. to 3 p.m. on Tuesday, Sept. 1, 2009 and again from 9 a.m. to 3 p.m. on Monday, Sept. 14, 2009
- From 9 a.m. to 3 p.m. on Wednesday, Sept. 2, 2009 Elder Care will be in the Seiling outreach office and again from 9 a.m. to 3 p.m. on Wednesday, Sept. 16, 2009.

Tribe to build hotel at casino

(RIVERTON, Wyo.) - The Northern Arapaho tribe is undertaking its first major expansion of its Wind River Casino at Riverton.

The Aug. 17, 2009 groundbreaking ceremony marks the start of construction on a new four-story hotel.

The hotel is planned for an initial 66 rooms with the design including a possible expansion of an additional 24 rooms. The new hotel will also offer three suites.

The hotel will be connected to the existing Wind River Casino. The design of the hotel will match the color and geometric shapes, which are borrowed from the casino and the tribe.

Construction is expected to be complete in 10 months to one year.

TRIBAL IDBITS



Courtesy photo

Kris Little Raven, Concho Lucky Star Casino and Canton Feather Warrior Casino general manager, received the 2009 Career Achievement Award from the Oklahoma Indian Gaming Association (OIGA) in recognition of his career efforts and dedication to the success of Indian gaming in Oklahoma.

“I wish to thank David Qualls, OIGA chairman, and his staff for their hard work and dedication because you are as only as good as the people you work with. To be the best you have to work with the best. The honor and recognition goes to everyone who has made Lucky Star Casino a success throughout the years,” Little Raven said.

In the past OIGA has honored Chris Derenzo, Concho Lucky Star Casino assistant general manager, Chuck Hulbutta, Clinton Lucky Star Casino general manager, Myrlie Hawk, Concho Lucky Star Casino surveillance director and Rory Little Raven, Watonga Feather Warrior Casino assistant general manager, as employees of the year.



Employee committee members Annette Howell and Jan-na Presley draw tickets to giveaway door prizes at the employee luncheon.

The Cheyenne and Arapaho tribes employee committee held a luncheon for tribal employees on Friday, Sept. 21, 2009 in the large conference room at the tribal complex in Concho, Okla. The next employee appreciation function will be a tailgate party Sept. 18, 2009.



Left: Charleta and Robbie Richey share some down time while enjoying lunch.

Right: Shayla Hamilton stands behind her new University of Oklahoma (OU) grill, bag and sports memorabilia. Hamilton’s ticket was the winning number for the drawing.



Photos by Rosemary Stephens



Photos by Rosemary Stephens

Concho head start students rush off the school bus to their first day of school.

The Cheyenne and Arapaho tribes Head Start 2009-2010 school year kicked off on Monday, Aug. 24, 2009.

The students will enjoy a newly renovated school building this year with new paint, bathrooms, lights and an overall clean up of the facility.

Economic development staff, David Sage, Lorenzo Beard and Reggie Island erect the new sign outside the Cheyenne and Arapaho Head Start building in Concho, Okla.



Sebastian Delatorre (l) and Ruby Camarena (r) step off the head start school bus ready for their first day of school.

Food distribution national conference

Submitted article

The National Association of Food Distribution Programs on Indian Reservations (NAFDPIR) Conference was held from June 27 to July 2, 2009 in Rapid City, S.D.

The NAFDPIR serves 243 tribes nationwide with 98 issuing tribal organizations and five state agencies. It consists of six regional organizations, with Oklahoma and New

Mexico being the Southwest Region, and includes the Cheyenne and Arapaho tribes.

The conference focused on upcoming changes to the food package for clients through workshops and general conference sessions.

On July 1, 2009 the group activity was traveling to the Crazy Horse Memorial in the Black Hills. Although the general public’s view of the enormous carving is from the visitor center below, the NAFDPIR was granted an awesome privilege to tour the mountaintop for photos taken next to the actual sculpture of Crazy Horse.

The Cheyenne and Arapaho tribes Food Distribution Program proudly serves over 300 households per month, with over 1200 household members. Actual carving of the sculpture began in 1948.

Located near Custer, S.D., Crazy Horse Memorial will be the world’s largest sculpture, carved out of Thunderhead Mountain. When complete, the sculpture will be 641 feet wide and 563 feet high. By comparison, the heads of Mount Rushmore are 60 feet high.



Courtesy photos

Top: Troy LittleRaven, Winona Youngbird, Larry BullComing, and Phyllis Blackbear.



Education staff attends graduation ceremony

Submitted article

Wanda Whiteman, gaming higher education program, was invited to and attended a graduation ceremony held on July 30, 2009 in Hominy, Okla., honoring students at Tulsa Community College (TCC).

Three Cheyenne and Arapaho tribal members are enrolled in a special program at TCC. They received certificates for completion of college credit hours and for outstanding grade point averages. Whiteman was on the agenda and spoke at the graduation ceremony.

Keynote speaker was Chef Jeff Henderson. Henderson learned to cook while serving many years in prison for drug trafficking. He provided a motivational speech about how he turned his life around and now leads a drug free life and is a family man. He provided



Courtesy photo

Wanda Whiteman stands with Tulsa Community College students John Campbell, Larry Yarbrough and Eugene Stoneroad.

inspiration to students to do the same. He wrote a book about his life in prison, detailing his struggles to get a job after being labeled a felon.

The title of the book is “Cooked.” He is now the executive chef at the Café Bellagio in Las Vegas, Nev.

Henderson gave each student one of his books and personally autographed them with each student’s name.

After the graduation ceremony, Eugene Stoneroad gave his book to Whiteman as a thank you gift.

Students who received certificates from the Cheyenne and Arapaho tribes were Larry Yarbrough and Stoneroad. John Campbell was a first term student.

Stoneroad received certificates from the

Cheyenne and Arapaho Department of Education for:

- 4.0 GPA for Spring 2008, part time status at TCC.
- 3.0 GPA for Summer 2008, part time status at TCC.
- 3.25 GPA for Spring 2009, full time status at TCC.
- Certification of Completion of 37 college credit hours from TCC.

Yarbrough received certificates from the Cheyenne and Arapaho Department of Education for:

- 4.0 GPA for Spring 2008 part time status at TCC.
- 4.0 GPA for Summer 2008 for part time status at TCC.
- 4.0 GPA for Fall 2008 for part time sta-

tus at TCC.

- Certificate of Completion of 28 college credit hours from TCC.

Also in attendance at the ceremony were Campbell’s mother and Yarbrough’s family, his two children, mom Norma Yarbrough, and aunt Reba Tisdale.

The education department wishes the students success in their educational endeavors.

The students will continue to receive assistance through this special program as long as they remain in good academic standing and complete hours paid for by GAM-HIE.

Gaming-Higher Education funds are made possible through the Gaming Revenue Allocation Plan (GRAP).

Report to the Indian people

July 28, 2009

Date of Award: Jan. 1, 2009
I.H.S. Contract Number: 246-2007-0019

Amount of Award: \$123,788.00

Contractor Name: Cheyenne-Arapaho Tribes of Oklahoma

The Cheyenne-Arapaho Tribes in accordance with P.L. 638 has a contract with the Oklahoma City Area Indian Health Service to fund the Health Education Program for the period Jan. 1, 2009 through June 30, 2009.

Program staff consist of (1) Health Educator and (1) Administrative Assistant. The tribal Health Education office is located at 700 Black Kettle Boulevard in Building 1, Concho, Okla.

The purpose of the Health Education program is to enable the Cheyenne-Arapaho Tribes to establish identifiable health education components within the tribal health department.

The goal is to maximize/encourage the active participation of tribal members and other clients in health care promotion and awareness, the maintenance of health and wellbeing, and prevention of diseases and/or disability. The target population for this contract is all eligible Indian residents living within the Cheyenne-Arapaho Tribe of Oklahoma service area.

Funds from the 2009 budget

are obligated toward intended expenses such as: Office space costs, staff salaries, office supplies, direct prevention activities, communication costs, and other expenses relevant to program operation.

The Health Educator participates actively with other tribal programs and outside organizations in planning activities that focus on children’s, adolescent, women’s health, men’s health, and other health issues that affect the target population. From Jan. 1, 2009 to present the Health Educator provided educational presentations and disseminated health information on diabetes, methamphetamine awareness, breast cancer education, prostate cancer education, heart health, HIV/AIDS awareness and education, and summer and fire safety, among others. Employee wellness seminars, anger management classes, and parenting classes were held on an on-going basis during this reporting period.

To commemorate the Third annual Native American HIV/AIDS Awareness Day Powwow sponsored by the Health Education and Community Health Representative programs was held. The purpose was to increase awareness of HIV/AIDS in the Native American communities and to encourage testing. Several tribal programs and outside organizations set up

informational booths, provided promotional items, and disseminated health information. All program activities are designed to educate and promote improved health and wellness of the target population.

Trainings and meetings are attended by the Health Educator to effectively plan, implement, and coordinate program activities that focus on specific needs or health issues affecting the target population. Some of the trainings attended during this reporting period are: Suicide and Methamphetamine Prevention, CPR Training for Adult, Child, and Infants, Oklahoma Native American Native AIDS Coalition, 16th annual Children’s Conference, American Red Cross Standard First Aid training, and others that directly relate to carrying out the program goals and objectives.

This reporting period, all objectives have been met. Sign-in sheets and referrals for all programs and activities are available for review and on file in the Health Education office. The total number of American Indians and/or Alaska Natives served during this reporting period was 534.

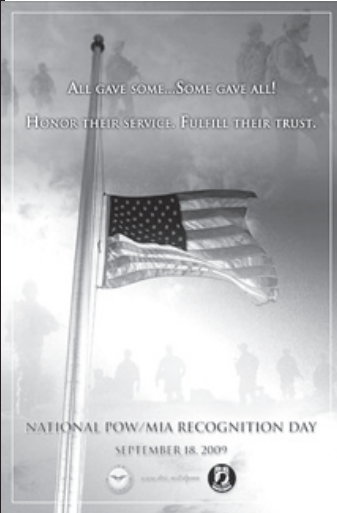
Submitted by,
Patricia Yarbolar, MPH-CHES
Director, Health Education Program
cc: Minita Runningwater,

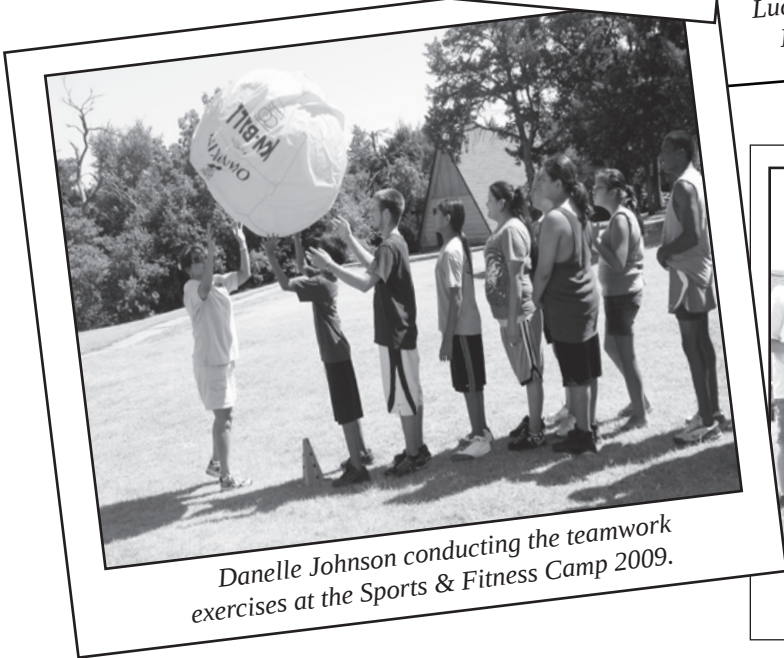
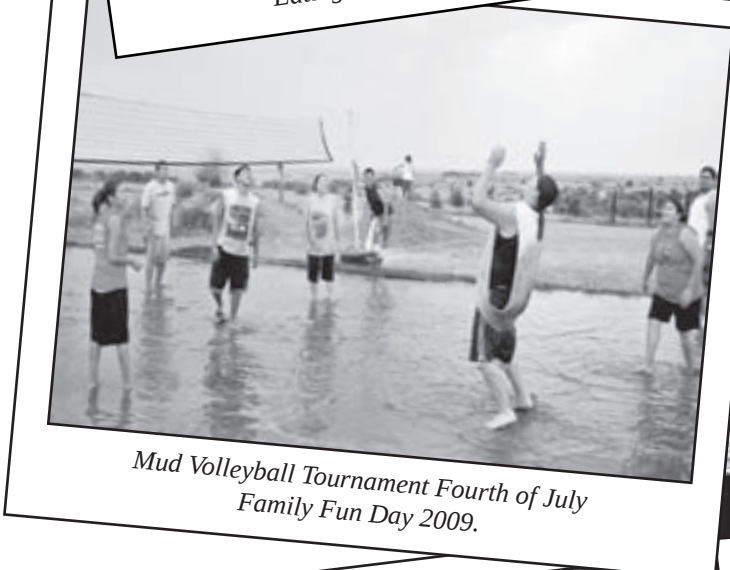
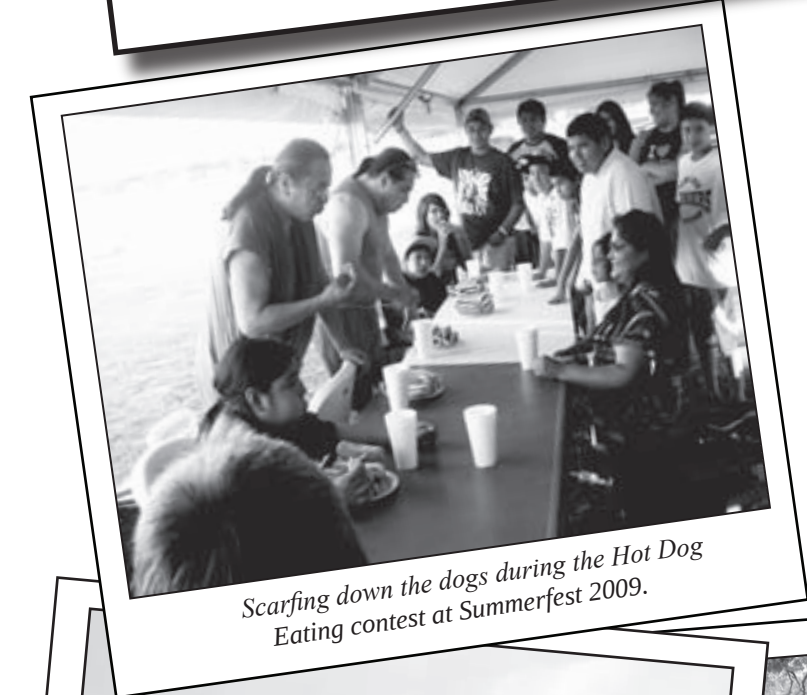
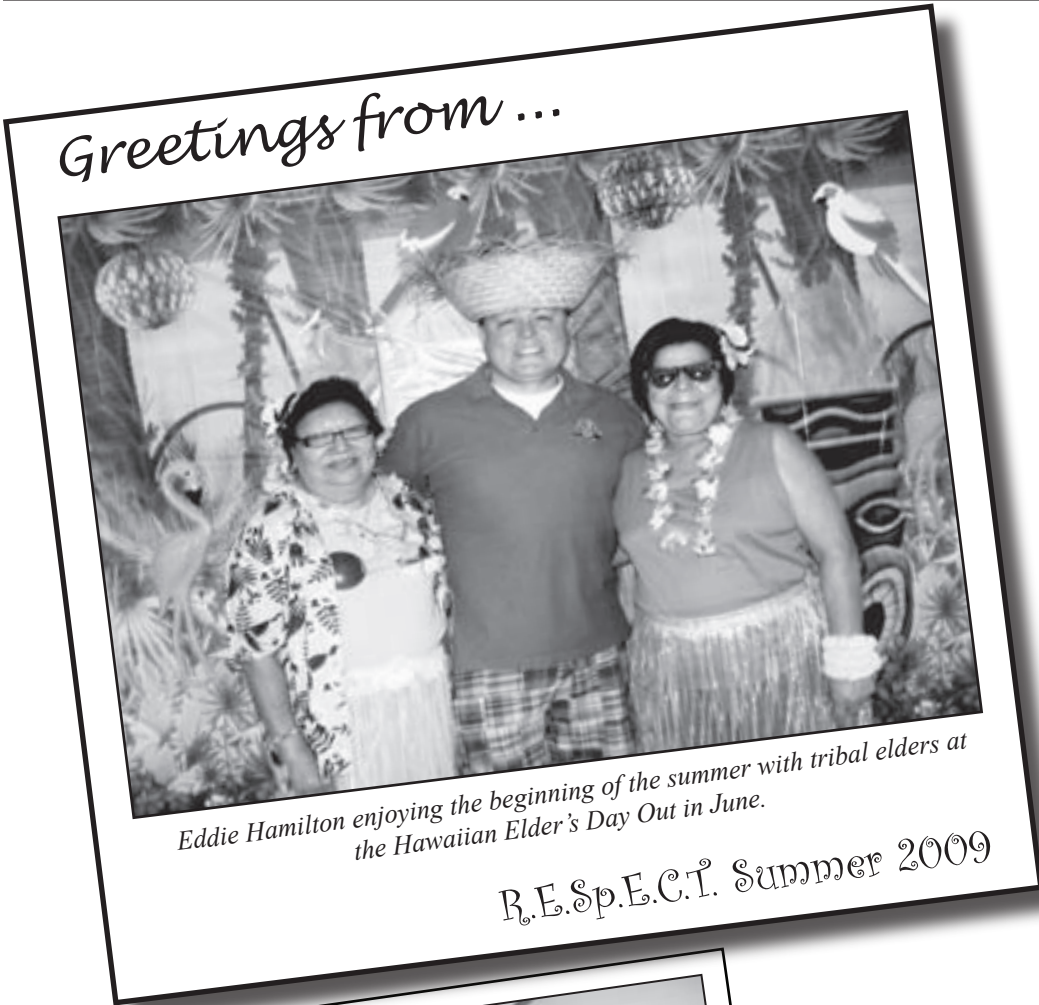
Executive Director of Health/Teresa Dorsett, Director of Administration/Jessica Satepeahaw, Program Accountant/Planning Dept/File

POW/MIA RECOGNITION DAY

SEPT. 18, 2009

The Governor of the State of Oklahoma, Brad Henry, proclaims Sept. 18, 2009, as “POW/MIA Recognition Day” in the State of Oklahoma.





Summer time

- R.E.Sp.E.C.T

style

Submitted article



The 2009 summer was one to be put in the books for the Cheyenne and Arapaho tribes R.E.Sp.E.C.T. program. The program spent months planning for the many events and activities for the different Cheyenne and Arapaho communities.

This summer's activities began with a Hawaiian themed celebration for the tribal elders on June 10, 2009 at the Cheyenne and Arapaho Community Center in Concho, Okla. The participants were given Hawaiian props and favors for the day and included an arts and crafts activity, giving the elders a chance to decorate their own beach hats with paints and other decorations.

There was exercise bingo, pictures, and drawings for prizes, there was even a Hawaiian pork dish served for lunch giving the day a more authentic feel for the islands.

The next event of the summer was the Father's Day activity June 20, 2009 at RomanNose State Park. The fathers had an entire day of activities with their children. They were able to go fishing, canoeing or paddle boating, golfing mini or 18 hole, horseshoes and a cookout or all. This was the first event for tribal fathers and the R.E.Sp.E.C.T. program is hoping to keep the event alive with another Father's Day activity for next year.

The summer kept rolling with the second annual Sports and Fitness Camp from June 22 to 25, 2009 also held at RomanNose State Park. The camp was focused on raising awareness of the many health issues affecting tribal youth.

The campers were treated to nature

hikes, morning jogs, swimming, paddle boating, canoeing, a t-shirt designing contest, interactive games and exercise activities. Several speakers from the Cheyenne and Arapaho education department and the Diabetes Wellness program made an appearance for the campers, bringing their own activities to the camp. There were also camp fires with marshmallow roasting for smores, and storytellers for the evening activities.



Mud Volleyball Winners

Fifty-two people attended the camp, bringing tribal youth from all Cheyenne and Arapaho service areas with ages ranging from 13 to 17. The camp was a success for another addition to the fun filled summer of 2009.

Moving along with the summer, the program put together a day of competitions for the Fourth of July Family Fun Day held at the Concho Sports Complex. Although the day was cloudy and rainy, the day went on with the games and activities. The Fun Day had a horseshoe tournament for all the horseshoe enthusiasts, a 10 and under 3-on-3 basketball tournament, and a messy mud volleyball shootout. There were giant inflatable slides for the kids and family size firework packages were given away as door prizes.

Next on the R.E.Sp.E.C.T. schedule was the more popular Summerfest '09. The festival lasted from July 31 to Aug. 2, 2009 at the Concho Sports Complex and the tribal powwow grounds also in Concho. The event featured several activities on all three days of the event.

The festival included inflatable waterslides, giant inflatable toys, and a miniature human sling shot all for the kids.

Kicking off the first day of competition was the hot dog eating contest, the men's 5-on-5 basketball tournament, the tiny-tot contest (held at the powwow), and the co-ed slow pitch softball tournament.

The 5K buffalo run started the second day of activities, followed by the youth 3-on-3 basketball tournament, the co-ed mud volleyball, the golf scramble held at the Crimson Creek Golf Course in El Reno, the co-ed softball tournament (continued), and the hot dog and watermelon feed.

The last and final day of the event started off with the frybread contest and the horseshoe toss, followed by the youth track meet, the co-ed youth flag football game, and finally the elders prettiest shawl contest.

The festival was a huge success for the R.E.Sp.E.C.T. program and the staff are hoping to keep the annual event alive for next year with plans already in the making.

The summer didn't end there, however. The program sponsored an end of the summer camp out on Aug. 14 and 15, 2009 at Canton Lake Cantonment.

The camp was full of the camping spirit complete with swimming fishing, campfires, smores, and storytelling bringing the camp attendance to 40 campers. The camp was the end to a great summer for the Cheyenne and Arapaho R.E.Sp.E.C.T. program in 2009.

The R.E.Sp.E.C.T. program would like to thank all the volunteers, staff and participants for a job well done for the Summer 2009.

For any questions or concerns regarding the events and activities sponsored by the program, please contact the Concho office at (405) 262-0345 ext. 27570 or visit www.c-a-tribes.org/respect.

Photo exhibit features tribal images

(OKLAHOMA CITY) – A photographic exhibition entitled Indian Territory: Portraits of 21st Century Native American Dancers and I.T. Born Tribal Elders is currently on view at the Red Earth Museum in Oklahoma City through Oct. 31, 2009. The series of 34 photographic images by Oklahoma City photographer and writer M.J. Alexander includes fascinating and concise interviews of the photo subjects. Alexander will be the featured speaker during a “Conversation with the Artist” and reception scheduled at 6 pm Thursday, Oct. 1 in the Red Earth Museum, 2100 NE 52nd Street in Oklahoma City. The event is free and open to the public. Subjects for Alexander's photographs range in age from 3 to 105 years of age, and feature numerous images of American

Indian dancers in full tribal regalia taken during the annual Red Earth Native American Cultural Festival in downtown Oklahoma City. The images are printed on varied media including metallic sheets, sheer scrims, hanging canvases and photographic paper. Artifacts from the Red Earth Museum's permanent collection accompany the photographic images. The Indian Territory born tribal elders featured in the M.J. Alexander exhibit are included in the book Salt of the Red Earth: A Century of Wit and Wisdom from Oklahoma's Elders. The book was published in 2007 by the Oklahoma Heritage Association. Alexander is a writer and photographer whose images have been published worldwide. Museums throughout the

country have showcased her work including the Pleiades Gallery of New York City and New Mexico's Hubbard Museum of the American West. She has degrees from Vassar College and Columbia University's Graduate School of Journalism in addition to teaching news writing at New York University and serving as chairman of the journalism department at Saint Michael's College in Vermont. She is a citizen of both Canada and the United States and makes her home in Oklahoma City where she resides with her husband and two children. The Red Earth Museum is open every day, except Thanksgiving and Christmas, inside Science Museum Oklahoma at 2100 NE 52nd Street in Oklahoma City. Red Earth, Inc. is a non-profit organization that promotes and presents the rich traditions



Photo by M.J. Alexander

Carlos Lightning Black of El Reno, Okla., 7, a member of the Cheyenne and Arapaho tribes, during the 2008 Red Earth Native American Cultural Festival.

of American Indian arts and cultures through educational programs, such as the annual Red Earth Native American Cultural Festival and the Red Earth Museum.

Oklahoma's average ACT score remains steady

(OKLAHOMA CITY)-Oklahoma's high school students in 2009 slightly improved math and science scores on the ACT exam, but the average overall test score remained steady from 2008. Oklahoma's average composite score of 20.7 on the college admission and placement test remained the same for the third consecutive year. The national ACT composite score of 21.1 also remained steady from 2008, but education officials caution against comparing such numbers because the percentage of students who take the test in each state differs. In Oklahoma, slightly more than 27,000 students and 71 percent of graduating seniors took the test in 2009. The national average is 45 percent. Oklahoma students increased science scores from 20.4 in 2008 to 20.5 in 2009 and math scores from 19.8 to 19.9, the highest score for Oklahoma students in the last five years. But those

scores still trail the national average scores of 21 in math and 20.9 in science. Oklahoma students scored an average of 20.5 in English, the national average is 20.6, and equaled the national average in reading (21.4). “The data is there for parents and school and community leaders to use in guiding local school improvement,” Superintendent Sandy Garrett said. “We will continue to demand more rigor in math and science in all grades, but the biggest hurdle is convincing parents and students of the importance-and logic-of enrolling in four years of core subjects.” The Oklahoma data shows students who take core courses or more, meaning four or more years of English and three or more years of math, social studies and natural science, score significantly higher in all four subjects and a full point higher

Fitness for everyone

By Anthony Carrera,
fitness coordinator
Diabetes Wellness Program

Aerobic Exercises
Aerobic exercise is fun, both to plan and to do! When we think of it, however, we almost inevitably picture jumping around in a high-impact aerobic-dance class, or doing step, or some kickboxing form. Not everyone likes that stuff or thinks it’s part of a workout routine. The difference between aerobic and anaerobic exercise is ... aerobic exercise means “with oxygen” so it helps with the flow of oxygen thru the body’s energy-generation process and it involves a longer time and intensity. For example, chair exercises, spinning or kick boxing

classes. Anaerobic exercise is without oxygen and requires a shorter time and quick burst of intensity, for example, strength training and weight lifting. The benefit of aerobic exercise is:

- Strengthening the lungs for better breathing.
- Strengthening and enlarging the heart muscle, to improve its pumping efficiency and reduce the resting heart rate.
- Toning muscles throughout the body.
- Improving circulation and reducing blood pressure.
- Increasing the total number of red blood cells in the body, facilitating transport of oxygen.

Lawyer says negotiations under way in eagle case

(CHEYENNE, Wyo.) - The lawyer for a Northern Arapaho man who killed a bald eagle for use in his tribe’s Sun Dance four years ago says he’s working with federal prosecutors to resolve the case ahead of a scheduled October trial date. Winslow Friday acknowledged he shot and killed a bald eagle without a permit on the Wind River Reservation in central Wyoming in March 2005. But the question of whether Friday should be prosecuted for killing the iconic bird has spawned a legal dispute that has ranged all the way to the U.S. Supreme Court, which declined early this year to review his case. Friday, now in his mid-20s, could possibly face up to a year in jail and a \$100,000 fine if convicted. He’s scheduled to go to trial Oct. 5, 2009 before U.S. District Judge Alan B. Johnson in Cheyenne. Jim Barrett, an assistant federal public defender in Cheyenne, represents Friday. Barrett said he’s negotiating with federal prosecutors to reach a disposition of the case, possibly including transferring it to another court. “I think the U.S. Attorney’s Office and Mr. Friday and the tribe are both dealing with one another in good faith to try to

find a position that is acceptable to both, that recognizes both parties’ interest in the matter,” Barrett said. “What form it’s ultimately going to take, I don’t know.” Kelly Rankin, U.S. Attorney for Wyoming, declined comment on Friday’s case. Whatever the ultimate resolution of the government’s case against Friday, Barrett said he believes the situation shows that the U.S. Fish and Wildlife Service needs to establish a better way of working with American Indians whose religious beliefs demand that they kill eagles for religious purposes. Barrett emphasized that killing eagles for American Indian religious practices doesn’t have a significant effect on the eagle population. “Not any of us would want our religious practices regulated the way the tribe’s practices are, particularly when there’s little actual impact,” Barrett said. “If they were out with automatic weapons knocking eagles out of the sky by the hundreds and impacting the population, well, OK, you might be able to work something out. But that’s not happening.” Friday has said that he didn’t know about a federal program that allows American Indians to apply for permits to kill eagles

for religious purposes at the time he killed the bird. Lawyers representing Friday and the Northern Arapaho Tribe have argued that the U.S. Fish and Wildlife Service did its best to keep the program secret and only grudgingly issued permits to American Indians. Attempts to reach agency officials for comment were unsuccessful. The bald eagle was removed from the federal list of threatened species in 2007, following its reclassification in 1995 from endangered to threatened. However, the species has remained protected under the federal Bald and Golden Eagle Protection Act. American Indians may apply to the federal government for eagle feathers and carcasses for use in religious ceremonies. However, many recipients have complained that the birds and feathers are often decayed and unfit for use. U.S. District Judge William Downes in late 2006 dismissed the government’s case against Friday. The judge wrote then that the federal government pays mere lip service to respecting the religious beliefs of American Indians. A three-judge panel of the U.S. Court of Appeals in Denver later reversed Downes’ ruling.

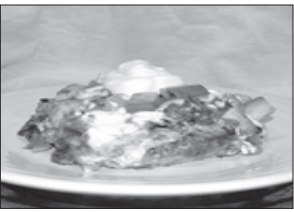
choose activities that you enjoy so you’ll be able to stick to it. There is such a thing as overdoing it. Don’t go overboard-you’ll set yourself up for possible injuries and burnout! This can also be counter productive if your overall fitness goals are different than what you have incorporated into your workout. A bodybuilder may not workout as long aerobically as a long distance runner would. If you have any question please contact the Cheyenne and Arapaho Diabetes Wellness Fitness staff at (405) 422-7679 and ask for Anthony Carrera or Kimberly Walker. *Reference: http://en.wikipedia.org/wiki/Aerobic_exercise*

Friday was unsuccessful in his efforts to get either a hearing before the full Denver court or the U.S. Supreme Court. The case then went back to Judge Johnson for trial. Attempts to reach Friday for comment on the negotiations on his case were unsuccessful. Donovan Antelope, spokesman for the Northern Arapaho tribe, said that many tribal members consider Friday’s case important because it touches on issues of tribal sovereignty. “He didn’t do it just to kill an eagle,” Antelope said of Friday. “He was doing it for a religion reason _ and it was for our Sun Dance. That’s one of the highest ceremonies for our tribe.”

Public Notice

The Cheyenne and Arapaho CHR program will be out for training for their annual state OAACHR Educational Conference from Sept. 13 to 19, 2009 in Catoosa, Okla. Should you need any program services, please make arrangements *prior to* or *after* the above dates. *Thank you, CHR staff.*

Layered Chicken and Black Bean Enchilada Casserole



- 2 cups diced chicken breast
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 2 tablespoons chopped fresh cilantro
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (4.5 ounce) can diced green chile peppers, drained
- 1 (10 ounce) can red enchilada sauce
- 8 (6 inch) corn tortillas or flour tortillas
- 2 cups shredded Mexican blend cheese
- 1 (8 ounce) container sour cream

1. Preheat the oven to 375 degrees F Heat a large skillet over medium heat, and spray with vegetable cooking spray.
2. Saute chicken with cumin and coriander until chicken is cooked through.
3. Transfer to a medium bowl. Stir in the cilantro,

Cooking with commods

black beans, and green chile peppers. 4. Spread half of the enchilada sauce over the bottom of an 11x7 inch baking dish. 5. Place 4 tortillas over the sauce, overlapping if necessary. Spoon half of the chicken mixture over the tortillas, and sprinkle with half of the cheese and half of the sour cream. 6. Spoon the remaining enchilada sauce over the cheese, and make another layer of tortillas. Layer the remaining chicken mixture over the tortillas. Cover dish with a lid or aluminum foil. Bake for 30 minutes in the preheated oven. Remove the cover, and sprinkle the remaining cheese over the top and dot with sour cream. Continue cooking, uncovered, for an additional 5 to 10 minutes, or until cheese melts. Let stand 10 minutes before serving.

BRIEFS

The National Association of Rural Health Clinics 2009 Fall Conference
Sept. 3 - 5, 2009 at the Gaylord Opryland Resort and Convention Center in Nashville, Tenn. For more information call (866) 306-1961 or visit info@narhc.org.

Power of Words Conference-Liberation, Transformation and Celebration Through the Spoken, Written and Sung Word
Sept. 3-7, 2009 in Plainfield, Vt. For more information visit www.communityarts.net/con-

ferences.

The fourth annual Obesity Summit 2009-The Science and Practice of Obesity Management
Sept. 9-11, 2009 at the Inter-Continental Hotel and Bank of American Conference Center in Cleveland, Ohio. To register visit www.clevelandclinicmed-ed.com.

Save The Child / Save The Teenager-Academic Excellence Workshop
Sept. 10-11, 2009 in Rapid City, S.D. Each participant will

The third annual Native American Economic Development Conference
Sept. 16-18, 2009 at Caesars Palace in Las Vegas, Nev. For more information visit www.pierconference.com or call (201) 682-8111.

The Wildlife Society 16th annual Conference
Sept. 20-24, 2009 at the Monterey Conference Center in Monterey, Calif. For more information or to register visit www.joomia.wildlife.org.

Native American Law Enforcement Summit
Sept. 22-24, 2009 at the Black Bear Casino Resort in Carlton, Minn. Reservations made on or before **Sept. 7, 2009** receive special conference rates. For questions about registration or course fees contact Nancy Ruddy at (888) 370-1752.

Tribal Cultural and Historic Preservation-An Overview of Federal Laws for Protecting Sacred Lands, Artifacts and Graves
Sept. 22-23, 2009 at the Doubletree Hotel in Albuquerque, N.M. To register or for more

information visit www.falmouthinstitute.com/conferences.

Conference for American Indian Women of Proud Nations
Sept. 23-26, 2009 at the University of North Carolina in Pembroke, N.C. For more information or to register visit www.aiwpn.org.

Tribal Economic Development
Sept. 24-25, 2009 at the Hyatt Regency in Phoenix, Ariz. To register visit www.falmouthinstitute.com

EATING well for DIABETES

By Kristie Purdy, MA, RD/LD
C&A Diabetes Wellness Program

Winning Nutrition for Athletes

With school back in session, fall sports are gearing up for another season. Whether it’s playing football, running cross-country, or playing volleyball, athletes need to eat a nutritious and balanced diet to perform their best at their sporting events. The best diet for athletes of all levels including the recreational sports participant who trains on a regular basis, to the elite athlete, is a diet providing enough energy from carbohydrates, fat, protein, vitamins and minerals. The most important thing to concentrate on is to eat a nutritious, balanced diet every day. All athletes can get the essential nutrients they need from eating a variety of foods from each food group every day including: whole grains, fruits, vegetables, lean meats, beans, and low fat dairy products. Athletes should aim to meet a diet that contains 55 to 60 percent of calories from carbohydrates, 30 percent of calories from fat and ten to 15 percent of calories from protein. Many of us have heard it is important to “carbohydrate load” before a big event. However, carbohydrate loading may not be necessary for most athletes. When carbohydrates are eaten, the body turns them into glucose in the blood to be used for energy. If the body does not use the glucose right away, it is stored in the muscles and liver as glycogen to be used for energy at a later time. During exercise, our glycogen stores are called upon to be broken down and used for energy to provide added fuel and prevent fatigue. Usually, we have enough glycogen stored up to provide us with energy for one-and-a-half to two hours. If we exercise longer than this amount of time, we may need to provide our body with a carbohydrate snack during the activity. Athletes are often told they need to eat more protein to help build their muscles and make them stronger. This information is true to a point. We do need protein to build our muscles, but this can be obtained through focusing on a balanced diet which includes two to three servings per day from the meat, bean, and egg group. It is not necessary to get more protein in an athlete’s diet than this amount. Excessive amounts of protein through food or supplements will not build extra muscles. Muscles are developed through eating a balanced diet and training. The body cannot store extra servings of protein to be used at a later time. When more protein is taken in than the body needs, it is either burned for energy or stored as fat. If you’re heading to practice or the big game, you may want to consider a pre-workout snack one hour prior to your activity. Try to choose snacks that are high in carbohydrate and fiber, and one that is low in fat. Try to avoid high-fat protein foods, such as fried meats, cheese, or hamburgers prior to your workout or game. Foods such as this may leave you feeling a little sluggish. When the activity is over, does not mean it’s time to leave those healthy eating habits behind. Eating nutritious foods post work-out will help to fill your glycogen stores for future energy and replace the nutrients your body lost through your activity or sport. It will also help to prepare your body for future workouts. Here are some examples of snack ideas for athletes:

- apple with peanut butter
- banana with peanut butter
- 1 cup low-fat yogurt
- 1 cup frozen yogurt with fruit or nuts
- ½ cup cottage cheese with fruit
- ½ turkey sandwich
- Bowl of cereal with skim milk and fruit
- ½ peanut butter sandwich

It is most important for the athlete to stay hydrated. Dehydration can lead to a poor performance and lack of concentration. Drink plenty of liquids, before, during, and after your workout. If you feel thirsty, your body is telling you it is already dehydrated. Water is the best fluid to prevent dehydration. Many athletes choose to drink a sports drink, such as Gatorade or PowerAid. Sports drinks are only needed when events last longer than an hour or if the athlete is training in very hot and humid conditions. Try to avoid drinking beverages containing caffeine, which will cause dehydration. It is recommended for individuals to drink two cups of fluid about two hours before exercise and then drink another two cups of fluid immediately before the event. During the event athletes should start drinking early to replace the water lost through sweat. One cup of water should be drunk every 15 minutes. When the workout or game is over, two cups should be drunk for every pound lost during the duration of the exercise. For more information or questions concerning healthy eating, diabetes, or weight management, please contact the C-A Diabetes Wellness Program at (405)422-7688.

Editor’s note: All 2009 Cheyenne and Arapaho candidates were invited to submit their platform information in the Aug. 15, 2009 issue. The invitation was posted in each issue since June 15, 2009 with a 250-word limit and Aug. 1, 2009 deadline. The Aug. 15 issue was selected since absentee ballots would be out to tribal members. Four candidates accepted the invitation, met the deadline and were featured in the Aug. 15, 2009 issue in a special section. Below are entries received after the deadlines, which have been edited to remain at or below the 250-word rule. The rule will give all candidates equal platform space. These platform submissions are not considered display ads. The candidate(s) and/or their campaign that choose to have display advertising in the tribune issues have paid for the space.

Tall Bear makes bid for C2 district seat

Dear Cheyenne District 2 voters,

My name is Malaina Tall Bear. I have worked for the tribes for several years.

The other candidates are good people and I can see positive changes if any one of them gets elected, but I believe I am the best choice for the Cheyenne District 2 legislative seat. I spent my life in the district.

My family is one of the original families in the El Reno area, and my extended family in other Cheyenne District 2 communi-

ties.

To better the future is to get our young educated, our elders fed and give honor and respect to our veterans.

A legislator can’t interfere with the executive branch and its programs, but I will work with them to assist constituents. I will form partnerships with communities to get constituents working.

My constituents should have input in what I vote for. I will set up committees in each community and have monthly meet-

ings to discuss the outcome of my vote or bills I sponsor. You are important and your opinions matter, even constituents who live out of state.

I can be the person you will be proud of putting in office. I will show that we can maintain a positive, realistic, mature government. We need the right people in office who care and are willing to go out into the communities to listen and right the wrong.

I pray I can get your support and your vote Oct. 6, 2009.



Malaina Tall Bear

Thank you,
Malaina Tall Bear

Hamilton makes bid for C2 district seat

Some of the many issues I will legislate for change:

Tribal leaders and key positions within the tribe, casinos included, should be of Cheyenne and Arapaho blood because I believe that the SUCCESS OR FAILURE of our tribes should be by our own people, not of another tribe or non native!

Amend/revise the much needed flaws in our tribal constitution with the assistance from our tribal members!

Financial stability within our government will be a constant stance that I will not deter away from!

Direct services from all tribal programs to the C2 constituents will be addressed because we are all entitled to those services!

Rollin “Eddie” Hamilton
DOB: Nov. 27, 1970 Age: 38; Residence: El Reno, Okla.; How long? 13 years; Address: 121 S. O Ave; Phone: (405) 295-1655

Education: 1989 •Thomas High School (Graduated w/ honors). - 2009 •Southwestern Oklahoma State University (SWOSU) Interdisciplinary Studies - Bachelor of Arts degree.

Tribal Government Ex-

perience: 2002 - 2006 •GED Counselor/TYP coordinator (Department of Education). - 2006 - present •Supervisor (Co-founder) RESpECT Program (Department of Health).

Family: Married for three years to Stephanie Hamilton (Gilbert). I have three beautiful daughters: Rylee (10), Lauren (8), and Kynadee (10 mos.). Four stepsons: Dylan (17), Caleb (15), Kyle (13), and Ryan (9). My parents are Janice Wilson (Thomas, Okla.) and Walter Hamilton, Jr. (El Reno, Okla.). My maternal grandparents are the late Woodrow and Mary



Rollin “Eddie” Hamilton

Wilson (Thomas, Okla.) and my paternal grandparents are the late Walter (Sparky) and Agnes Hamilton (Geary, Okla.).

New WIC food package introduced in Oklahoma

(OKLAHOMA CITY) - People enrolled in the Women, Infants and Children nutrition program in Oklahoma are now able to obtain healthier foods.

Federal, state and tribal officials _ including Kevin Cannon, the undersecretary of the U.S. Department of Agriculture’s food, nutrition and consumer services _ visited a local grocery store Wednesday to tout the changes to the program, which has about 102,000 people enrolled in Oklahoma.

The WIC program provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five who are found to be at nutritional risk.

The new food packages will meet the

infant feeding practice guidelines of the American Academy of Pediatrics, said Terry Bryce, director of Oklahoma’s state WIC program.

Among the foods that now can be obtained through the WIC program are fresh and frozen fruits and vegetables; whole grain options such as bread, brown rice or soft corn or whole wheat tortillas; baby foods, including fruits and vegetables for all infants and meat for breastfed infants; canned beans; and tuna, salmon and sardines for breastfeeding mothers, according to the Oklahoma State Department of Health.

Bryce said Oklahoma WIC enrollees also will now be able to utilize farmer’s markets. He said the state WIC program is encouraging farmers to seek authorization to participate in the program.

“That is something that is really a tremendous plus for the program,” he said.

The state WIC program also has coordinated with nine American Indian tribes that also offer WIC programs to develop the same food card, which state health department officials said will help grocers.

In the past, “the food selections might have varied” among the different WIC programs, Bryce said. “We worked closely with them to offer very much the same foods. It’s been a very good partnership.”

The tribal organizations involved include the Cherokee Nation, the Chickasaw Nation, the Choctaw Nation of Oklahoma, the Citizen Potawatomi Nation, the Intertribal Council of Oklahoma, the Muscogee (Creek) Nation, the Osage Nation, the Otoe Missouria Tribe and WC Enterprises Inc.

Thank you

The Cheyenne District 1 office would like to thank the candidates who came to the Meet & Greet meetings held in Seiling and Watonga, Okla.

All three governor candidates and running mates were invited to our community meetings to talk to the members of the community and answer many questions regarding the tribe’s government and future.

The meetings were a success and again we want to thank the candidates who showed up. Good luck to all the candidates in their upcoming events and activities as they walk on the trail to elections.

Bruce Whiteman Jr., Legislator, and staff.

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Shirts
Sweat Lodge
Coats
Tapestries
Tipi Liners
Tipi Covers
Water Robes

Meat
Immediate use
Dried
Medicine
Pemmican
Sausages

Tail
Decorations
Fly Swatter
Knife Sheaths
Medicine
Switch
Whips

Hoof Sheath
Containers
Oars
Rattles
Spoons
Wood Chimes

Stomach Contents
Medicines
Paints

Deer Claws
Gun
Rattles
Wood Chimes

Bladder
Food Pouches
Medicine Bags
Water Container

Call
Yellow Paint

Tandons & Muscles
Arrow Ties
Beadings
Chimes
Shoes

Stomach Liner
Cooking Vessels
Water Container

Foot Bones
Teething Toys
Toy Buffalo or Horse

Teeth
Ornaments

Fat
Soaps
Tallow
Tanning
Hair Grease
Fired Pipe Soaker
Cosmetic Aids

Brain
Foot
Hide Preparation

Blood
Paints
Puddings
Soups

Beard
Ornaments

Tongue
Choice Meat
Cante
(Rough Side)

Skull
After
Carving Tool
Sun Discus

Horns
Arrow Points
Caps
Fire Center
Headaddresses
Lattens
Medication
Ornaments
Powderhorn
Signals
Spoons
Toys

Bones
Arrowheads
Axe
Eating utensils
Fishing Tools
Game Dice
Jewelry
Knives
Painting tools
Pipes
Quills
Saddle Trees
Sawyers
Shovels
Sticks
Stools
Toys
War Clubs



CALENDAR
of
Events

Appetite for the Arts Festival
Sept. 3, 2009 in downtown El Reno, Okla. Live entertainment, art show, food and shopping. For more information call (405) 262-8888.

Arapaho musical
At 9 a.m. Sept. 4, 2009 at Southwestern Oklahoma State University. For more information call Charles Sleeper at (405) 422-7615.

The 2009 Cherokee National Holiday Powwow
Sept. 4-6, 2009 at the Cherokee Nations Powwow Grounds in Tahlequah, Okla. For more information visit www.holiday.cherokee.org.

The 65th annual Cheyenne and Arapaho tribes Labor Day powwow
Sept. 4-7, 2009 in Colony, Okla.

Wyandotte National Tribal Powwow
Sept. 4-6, 2009 at the Wyandotte Nation powwow grounds in Wyandotte, Okla. Dance contests, kids’ games and veteran special. For more information call (918) 678-2297.

Choctaw National Labor Day Festival
Sept. 4-7, 2009 at the Choctaw Nation Capital grounds in Tahlequah, Okla. Intertribal, sports events, arts, crafts, concerts, free carnival rides, buffalo tours and princess pageant. For more information call (800) 522-6170 or visit www.choctawnation.com.

Seminole Nation Days
Sept. 10-13, 2009 at the Mekusekey Mission in Seminole, Okla. Includes parade, baby pageant and entertainment. For more information call (405) 257-7200 or visit www.seminolenation.com.

Southern Winds Film Festival
Sept. 11-13, 2009 in downtown Shawnee, Okla. All independent filmmakers welcomed. For more information call (405) 213-1959 or visit southernwindsfilmfestival.com.

Twenty-third annual Honor Dance celebrating Saint David Pendleton Oakerhater
Sept. 12, 2009 at the Junior Starr Memorial Dance Grounds and Oakerhater Episcopal Center in Watonga, Okla. Registration from 5:30 to 6:30 p.m. For more information, call Jim Kee-Rees at (405) 974-0024 or email jkeerees@episcopaloklahoma.org.

Horseman’s Association meeting
At 6 p.m. Sept. 15, 2009 Concho tribal complex large conference room at the. Refreshments will be served. Election of a committee to oversee the resurrected Cheyenne and Arapaho Horseman’s Association. For more information call Curtis Levi at (405) 388-9136.

Merle Haggard and Stoney LaRue concert
Sept. 18, 2009 at the Clinton Lucky Star Casino. To purchase tickets or for more information call (405) 262-7612 or visit www.luckystarcasino.org.

Oklahoma Indian Summer
Sept. 18-20, 2009 at the community center in Bartlesville, Okla. Annual festival celebrates Native American culture, arts, crafts, jewelry art show, intertribal powwows and contests, traditional craft-making and demonstrations. For more information call (918) 331-0934.

Ralph Kotay Memorial Powwow
Sept. 19, 2009 at the Comanche Community Building in Apache, Okla. Indian church hymn singing 10 a.m. – noon. Cedar ceremony 1 p.m. Gourd dance 2-5 p.m. Dinner 5 p.m. Gourd dance after supper until 7 p.m. Social dance: 7-11 p.m. All organizations and princesses welcome. For more information call Karen Starr at (580) 678-4616.

Comanche Nation Higher Education Third annual Golf Benefit
Sept. 25, 2009 at Fort Cobb State Park Golf Course. Held in memory of Dorothy Sunrise Lorentino, “first and only Native American to be inducted into the National Teachers Hall of Fame. In 1918 her landmark case allowed Native American students to attend Oklahoma public schools.” For more information, call (580) 492-3363 or email martinam@comanchenation.com.

Fort Sill Indian School annual Reunion
Oct. 9-10, 2009 in the F.S.I.S. campus gym in Lawton, Okla. F.S.I.S. veterans or family, send name, service dates, pictures, ... to Richard Bread, P.O. Box 725, Apache, OK 73006. For more information, call Richard and Pat Bread (580) 588-2579.

Mayanna Takiowa Narcomey First Birthday dance
Sept. 19, 2009 Concho Community Hall in Concho, Okla. For more information, call (405) 604-0706.

Juanita “Janie” Wilson Memorial Dance
Sept. 19, 2009 Custer County Fairgrounds, Clinton, Okla. Meal served at noon. No give-a-ways..

The 18th annual Comanche Nation Fair
Sept. 24-26, 2009 at the Comanche Nation complex, 584 Bingo Road, Lawton, Okla. For more information, call (580) 357-6545.

The 16th annual Standing Bear powwow
Sept. 25-26, 2009 at the Standing Bear powwow grounds in Ponca City, Okla. For more information, call (580) 762-1514.

OSU 2009 Fall contest powwow
Oct. 3, 2009 at the Payne County Fairgrounds in Stillwater, Okla. For more information, call (405) 744-0401.

Indian Youth Career Day
From 8 a.m. to 2 p.m. Nov. 10, 2009 at the University of Central Oklahoma Nigh University Center. For more information, call Star Yellowfish at (405) 587-0356.

New high school at Blackfeet Indian Reservation _____



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Geary Community Nursing Home

An enterprise of the Cheyenne and Arapaho Tribes

The Geary Nursing Home went Hawaiian last week. We had a Hawaiian lunch with pineapple chicken, baked beans home made bread, pineapple upside down cake and coconut cream pie.

The residents had a good time playing games with Wanda from Faith Hospice. Other entertainment was provided by Physician's Choice.

After playing games the residents enjoyed snow cones and cookies. Everyone had a great time.



John Fletcher

The Geary Nursing Home would like to welcome our newest resident John Fletcher.

He was born Aug. 7, 1937 in Concho, Okla. Fletcher went to school in Concho and Geary, Okla. He married Willma Yellowhair in 1948. They were married for 50 years. They had five children, ten grandchildren and 21 great-grand children.

Fletcher worked all of his life as a farm hand and Willma was a homemaker. Fletcher said his favorite thing to do is to go fishing and try to catch the big one.

Fletcher said he is close to home now and would like for everyone to come and see him.



Courtesy photos

Housing

Continued from page 1

changed ... but what hasn't changed is the desire to see all of our tribal members in their own homes."

He said another change was a new law known as the Native American Housing and Self Determination Act of 1996 (NAHASDA). This law replaced the 1937 Housing Act and created an avenue for the tribes to provide housing in a manner to suit the tribes as a whole. The NAHASDA law also determines funds on a formula base as opposed to competitive funding.

The Housing Authority, first developed in 1969, has provided 580 homes to tribal members. There is a current waiting list of 650 people who need homes.

"If I could I would house everyone who needed a home instead of just patching holes, so to speak, just to keep the flood waters at bay," Wassana said.

Recently the Housing Authority received four million dollars in stimulus funds secured through grants from the Department of Housing and Urban Development (HUD). Along with providing homes, plans have been made to renovate the tribally owned gym in Canton,



able to secure stimulus funds because we were one of two or three tribes who actually spend their money the way we are supposed to and when Reggie applied for the stimulus funds he got it because we spend the money allocated to the tribes to help the tribal members."

Speakers at the celebration included Cheyenne and Arapaho tribes Gov. Darrell Flyingman, J.R. Cook, one of the first

See housing, page 12

Photos by Rosemary Stephens

Cheyenne and Arapaho tribes Housing Authority Board of Commissioner Chairman Gilbert Miles congratulates the Housing Authority on all their accomplishments.



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Cheyenne-Arapaho Tribes Diabetes Wellness Center Fitness Challenge 09'



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KIMBERLY WALKER ANELLE JOHNSON EXT. 27686

ANTHONY CARRERA EXT. 27747 EXT. 27488



Kayless Bish honor dance.



The 2009-2010 American Indian Exposition Tribal Princesses.



L-R: Tahnee Stands, Keri Kionute, Brooke Curtis, Jocinda Walkingnight, and Kaylee Bish, Miss American Indian Expo.



American Indian Exposition board members, tribal princesses and Indian of the Year Chickasaw Nation Gov. Bill Anoatubby.



Brooke Curtis-L and Jocinda Walkingnight-R at talent show.



American Indian Exposition

Courtesy photos

FLYINGMAN FOR GOVERNOR

Dear Cheyenne and Arapaho Tribal Members:

After careful consideration and numerous requests from Tribal members I have happily decided to run for the Governor's position with the former Arapaho District 2 legislator, Nelson Clark, serving as your Lieutenant Governor. I would like to continue the countless projects I have started and to accomplish these goals within the next two to three years if, with your vote, I am elected as Governor.

Since I began to serve as your Governor, I have tried my very best to move our Tribes forward, despite all the negative obstacles and negative intentions of others. Indeed, we have overcome some very difficult times and have seen the ugly head of corruption challenge us again and again. Together, we have worked to defeat this and with the help of good people like you and with the support of the Tribes, we will continue to stand up for what is "best" for our people.

I still continue to stand up and to strive for the betterment of our Tribes as a Sovereign Nation. I believe that it is our responsibility as parents, leaders, and Tribal members to provide the best for our children, grandchildren, and the future generations and to make this a better place for them to live in this ever changing world. Our future generations deserve to have our best intentions in mind; they deserve leaders who will stand up for their interests, leaders who will fight for the good of the people, not for themselves. I continue my pledge and my promise to bring the "best" to our members and to stand up for our children and our future generations.

As a Veteran of the U.S. Armed Forces, I always encourage all to keep the many military personnel who are serving and representing our wonderful Nation of the Cheyenne and Arapaho Tribes, the United States, their families and communities, in their prayers and in their thoughts. Many sacrifices have been made on their behalf, and when the cost comes at a high price--their lives--we, as leaders, Tribal Members, and as a Sovereign Nation, need to recognize their sacrifices by paying homage and respect to them with our support. Sadly, some of our legislators have not given their support to our veterans. Legislatively, we have opportunities to improve conditions and services to our veterans but, instead, some have turned their backs. I continue to pledge my support and service to our military personnel, active duty and veterans alike.

With your vote and continued support, I know we will reach the goals that our Tribes are striving for—prosperity and success as a Sovereign Nation.

Our casinos' middleman management company has been successfully deported out of our casinos, which has increased the Gaming Per Capita distribution. Last year the tribes received the highest payment ever. The same bunch of legislators who do not support our veterans testified in court on behalf of Southwest Casino Management Group in order to bring them back as management for the casinos. Some of these Legislators are up for re-election or recall this fall. If they cannot support our veterans and the efforts of the tribes we do not need them as legislators.

In my vow and pledge to serve my tribe, I always ask our Creator to guide me in my decisions and directions that we take. I pray that what I do in my position will reflect the respect and honor I have for all of you. I went into this position with a vision that I could make a difference that would positively impact everyone for the best. I can say without a doubt that our tribes are at the beginning of a great and brighter future, one where our families can thrive and prosper in. As stated before, there are countless projects that have been accomplished and those that are yet to be accomplished. With your vote and support, we can accomplish these goals for the betterment of our Tribes and for the welfare of our children, grandchildren and the future generations. They deserve a safe and secure future.

Darrell Flyingman Governor

Paid advertising

FLYINGMAN FOR GOVERNOR

HAPPY BIRTHDAY



Happy 1st Birthday Aayden
From, mom, Nannie, Kaydron,
Gabriell, Bradley, uncle Bear and
grandpa Bruce



Happy 47th Birthday
Edie Marie Osage,
Aug. 28
Best wishes to the best Mom,
Wife, Sister, Aunt, Daughter,
Grandmother, and Friend. God
has blessed our lives with
a compassionate being that
exudes the true meaning of a
“Cheyenne Woman”. In the
midst of adversity you have
shown caring and love for those
around you. We appreciate you,
Edie. We love you and pray
that God’s abundant grace and
mercy blesses your special
day. “How far you go in life
depends on you being tender
with the young, compassionate
with the aged, sympathetic with
the striving, and tolerant of
the weak and strong. Because
someday in life you will have
been all of these.”
~ George Washington Carver.
Love, Your Family



Happy Sweet 16 Marina!
We love you so much and are so
proud of you!
Love, Mom, Daddy, Miles, Marlee



Happy 1st Birthday
Ryleigh Mae Burns
Sept. 13, 2009
Love always,
Mom, Daddy, grandparents
Martheia Bennett, John Burns,
Lucinda & Anthony Sam and
family



Happy 27th Birthday
William G. Burns-Sept. 21
Always thinking of you and just
thought I would let you know.
Love you always, mom, dad and
family



Happy belated birthdays to Tristen D. Limpy Aug. 3
Christa D. Limpy Aug. 15 and Seth D. Tiger Aug. 31
God Bless each of with health and keep you safe! I
love you, grandma Leona in Seiling
To my grandbabies:
It's back to school time! Each of you have a very
blessed school year. May God keep each of you safe
and well! Make those A's and B's ... you can do it!
Samantha, Seth and Shevella Tiger, Tristen, Beth,
Saucha, Christa and Eliaz Blue Sky Limpy.
I am keeping each of you in my prayers and I love
you-grandma Leona from Seiling



Happy 3rd Birthday
Alfredo Freedom Santos
Sept. 13
Love your familia,
Mom, Dad, sister, Tio Gopher,
Tia Mousie, grandma Tina and
Grandpa Tony



Have a Happy Birthday
Sept. 17 - Gabriel
Love you always,
your lil' sis Cheryl



Happy 12th Birthday
Jericah Little Man
From the Stevens, Little Man
and
Rose families

Wishing sister Misty S. Cheater a
belated birthday
Aug. 13, 1981
I hope you soon find happiness
and had a great birthday. Always
know you are loved and always
in a sister's heart. Hope you
partied hard, but not too hard
... save that for when I get out J
Aye!
From Lisa and Panther,
the Cheaters, Fletchers,
WhiteBuffalos and the Meelys



Happy Belated Birthday
Grandson,
Myles Miccah Whiteshirt
Aug. 4 – 3 years old
Love g-ma Bernice, mom, uncle
Andrew and family



Happy 21st Birthday-Sept. 24
Stacy A. Wassana
We wish you many more with
all our love Timi (mom), sisters
Shya, Deanna, brother Carlos and
grandma Silvia



Happy 18th Birthday Lil'
Best Wishes, Love Ya!
Always, Cheryl

Happy Belated Birthday to:
Robbie Hawk Aug. 17
David Hawk II Aug. 21
Sugar White
Thunder Aug. 21
Georgia Swallow
Mead Aug. 22
From Nena, Elsie, Phyllis,
Diane and all your family



I am wishing my favorite
auntie Karen Redhat
aka Quoint LittleCoyote,
a wonderful and happy
birthday
Love your favorite nephew
RickRoo



Happy Birthday “Lo-Retta”
We love you!
Mom Ava, Jay,
Annette Howell,
Damon “Joe” Howell, Sam Bear
and Kaye Rowldge



Alohoa and best wishes Mary
Ann Friday-Calvillo on your 56th
birthday I dat!
I love you Mah Friday! From
your son, Tony way out west in
Honolulu
Anthony Cyril Friday



Happy 40th Birthday
Stacy Chantel Hannah Ott
Biixoo3e3en see3tei noh Blackie



Happy Anniversary to
Ben & Nicole Owens
Love you Nena & Elsie

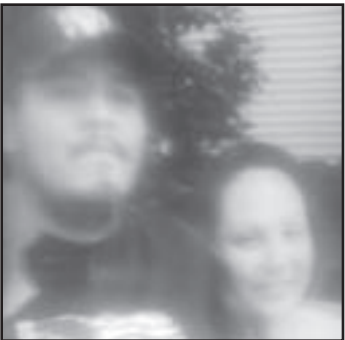


Happy 6th Birthday
Bleu Rose
From the Stevens, Little Man
and
Rose families



“We love you Lightning-
Woman (Yellow Flower) &
Tornado (Hang-Loose Bro),
from Keheé, Dad, Mom,
Auntie Toya, Jackie, Marc
and Paige

Wishing you a very
happy 31st birthday
To my “Lil brown Roun”
Faye Marie – Sept. 13
From Delmond Wayne
in Ogden, Utah



Happy 28th Birthday
Sept. 4 Uncle Bono!
We love you!! love Loc, Damyn,
Carly



Happy Birthday Marti!
Love you from your
Best friend in the whole wide
world
Janae M. Limpy



Happy Belated Birthday
Seth Little Man-4?
From the Stevens, Little Man
and Rose Families

-Engagement-
We would like to announce
our love, commitment and
engagement to our friends and
family.
Felicia D. Gravitt of Newalla,
Okla. and Jason Roy
WhiteCrow, Sr., of Oklahoma
City.
May our love last an eternity.
I love you Jason
See you soon
Felicia D. Gravitt



Happy 10th Birthday Dariney
Love, Mom Amber, Daddy Elijah,
your sisters, Tiara, Arianne,
Madison and Gwen

Happy 25th Birthday
auntie Eunice!
Aug. 18th
We love You!
Love Honey, Maymon,
and Carley



Happy 12th Birthday
Karl Thunderbull, Jr.
Sept. 5
We love you so much
big brother!
Mom, Nate and Sissy

To my “Beautiful
Savage Girl”
Jaeshaun M. Friday
I wish you a very happy
22nd birthday on Sept. 6.
“One Love”
Delmond in Ogden, Utah



Happy Belated Birthday
Marissa.. Best Wishes
Love Ya Always Cheryl



Happy Birthday Seth D. Tiger
We love you!
Mom, Sami, Shavella & Shonae



Happy Birthday to both of my
sisters,
Ree Ree and Petesta!
I love you both very much.
Sept. 14-Love, Coli



Happy Birthday
Christa D. Limpy
From aunt Janae, Sami, Seth,
Shavella and Shonae
We love you!



Happy 26th Birthday
Uncle Jamie-Aug 9
love your neice Carley &
nephews Loc and Damyn

Happy Birthday T.L.
Starr
We love you
From Dad & Elsie



Happy 75th Birthday
Marie Whiteman
Sept. 1
We love you so much
From your kids, grandchildren
and the rest of your family



Happy 35th birthday
Nona
Sept. 8
Loe Delmond



Happy Belated 14th Birthday
Aug. 2, 1995
Ronnie J. Meat
We love you big boy
Mom, dad, sis-K, auntie Bernice
and family



Happy 1st Birthday
Sheila Marie Santos
Aug. 9
Love ya, your familia
Mom, Dad, brother Alfredo, Tio
Gopher, grandma Tina,
and grandpa Tony

Congratulations



Marine Pvt. Christopher Lee Joseph has recently completed basic training at MCRD in San Diego, Calif. on July 17, 2009. Joseph was taught basic skills in military combat techniques, swimming and drown proofing, physical fitness testing, pistol and rifle skills and basic close order drills. Joseph is the son of Roy and Stella Joseph of Hutchinson, Kansas. He is the nephew of James and Georgia Emhoolah of Oklahoma City and the grandson of the late James sand Irene Fletcher Howlingcrane. Joseph will report to Camp Pendleton, Calif. for further training in the 2nd Infantry Regiments where he will be taught intensive combat infantry tactics. Upon completion of this training, he will report to Twenty Nine Palms, Calif. for training in his military occupational specialty. Joseph enlisted in the Marines in January 2009.

Employment Opportunities

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver’s license, and CDIB to:

Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: awhite@c-a-tribes.org

Grants and Contract Specialist Office of Procurement

QUALIFICATIONS:
Bachelor’s degree required but Master’s degree preferred. Strong grant management skills a must. Experience with federal, state grant and proposal writing. The GCS must be familiar with OMB circular and have knowledge of CFR regulations.

Strong computer skills a must as the GCS will be required to submit grants electronically, government grants, grants managements system, and e-grants, etc. Knowledge of Cheyenne and Arapaho culture, history, traditions and service area preferred. Must pass pre-hire drug screen. Dependable transportation and valid Oklahoma driver’s license required. Cheyenne and Arapaho preference.

SALARY: Negotiable

Probation Officer Judicial Department

QUALIFICATIONS:
Bachelor’s degree in social work, criminal justice or related field is required. Experience required in probation and parole is preferred. Must be computer literate. Must possess valid Oklahoma driver’s license. Must agree to a comprehensive background investigation Must successfully complete a drug test. Knowledge of Cheyenne and Arapaho culture preferred. Must pass pre-hire drug screening.

SALARY: Negotiable

Receptionist Enrollment Office

QUALIFICATIONS:
High school diploma or GED certification and valid Oklahoma driver’s license required.Prefer experience in general office procedures, such as filing, typing, answering telephone and working with public. Knowledge of program policies and regulations a plus. Ability to relate and work with tribal and non-tribal communities. Indian preference.

SALARY: \$10.75/hr



Jazzy Select for sale

\$1500 OBO

Call (405) 273-1218

In Loving Memory of Michael Ruiz Vega, Jr. ~ Feb. 18, 1988-July 17, 2009



Michael Ruiz Vega, Jr., Arapaho, was a wonderful young man of 21 years at the time of his death. Vega died on July 17, 2009 in a motorcycle accident in Florida.

His parents, a younger brother, and long-time girlfriend, Maily Benitez of Oakland Park, Fla., who he planned to marry after completing college, survive him.

Vega’s Indian name was White Feather, and was given this name by his grandfather, John Enos Washee, Jr., (Arapaho), who served

as chairman of the Cheyenne and Arapaho tribes in the late 1960s. Vega was a college student at Broward College in Fort Lauderdale majoring in criminal justice and was in the Cheyenne and Arapaho BIA/HIE program. He was a 2007 graduate of the Coral Springs Fire Academy and was a trained firefighter and EMT.

Vega was given a firefighters funeral. Local firefighters from the cities of Coral Springs and Fort Lauderdale, as well as members of the Coral Springs Fire Academy were present and took turns standing guard over Vega’s body during the funeral. A Coral Springs fire truck led the procession to the cemetery. Chief-in-Charge Frank Babinec assembled the local firefighters at Vega’s gravesite and

gave the command for salute during the burial. The City of Coral Springs Firefighter bagpipers played going away songs and Vegawas buried with honor. These firefighter service traditions have been used for many years to reflect honor and respect for a fallen public servant. A covered firefighter’s badge was given to Vega’s younger brother. A memorial scholarship fund has been set up with the Coral Springs Fire Academy in Vega’s name.

Vega is survived by his parents Carolyn Washee-Freeland (Arapaho) and Jeffrey Freeland (step-father, Navajo) of Littleton, Colo., Michael Vega, Sr. of Deerfield Beach, Fla., younger brother Nakai David Freeland.

Vega’s grandparents were John Enos Washee, Jr. (deceased) and Paulette and Jim Botkin, Colorado Springs, Colo., Andrew Ruiz, Chicago, Ill., Maria Limon Vega, Milwaukee, Wis., Dr. Franklin and Janice Freeland, Gallup, N.M. Vega’s great-grandparents were John Enos Washee, Sr., a hereditary Arapaho Chief who served on the Cheyenne and Arapaho Business Committee for many years, and Jennie Washee (Spotted Wolf), who was the daughter of Arapaho Chief Benjamin Spotted Wolf.

Vega’s family is descended from Kooish, who was the last Arapaho survivor of the Sand Creek Massacre at the time of her death. Many aunts, uncles, cousins and friends also survive Vega.

Vega was buried at the Forest Lawn North Gardens Cemetery in Pompano Beach, Fla. Our beloved beautiful son died in a tragic motorcycle accident. We kindly ask everyone to please share the road with motorcyclists.

In Loving Memory of Lavern P. Cross ~ Sept. 28, 1933-Aug. 14, 2009



The family of Lavern P. Cross would like to thank you for the prayer and your thoughtfulness during our time of loss. We also want to thank the tribal Independent Living Center and the residents of the Colony community. We want to thank Kendrick Sweezy, Susan Hart and Clifford Ellis for their support and prayers for Mr. Cross’ grandson Adrian Rusty Cross.

Funeral services for Lavern Phillip Cross “Poncho,” 75, of Oklahoma City were held at 2 p.m. Aug. 18, 2009 at the Colony Cumberland Presbyterian Church with the Rev. Paul Beartrack

and Delford Whitecrow officiating. Burial concluded in the Colony Indian Cemetery under the direction of the Stanley Lee Funeral Home in Clinton, Okla.

Cross was born Sept. 28, 1933 in Colony, Okla. to Willie and Edna (Hadley) Cross and passed away early Friday Aug. 14, 2009, in the Heritage Manor Nursing Center in Oklahoma City.

Cross grew up in Colony and graduated from high school there. After graduation he joined the U.S. Air Force and served during the Korean conflict. He was honorably discharges and remained in California where he worked as an aircraft engineer for McDonald Douglas. In the early 1970s he returned to Colony, Okla. to care for his aging parents. He played softball for the American Legion league in the Weatherford area.

He was preceded in death by his parents, a daughter Sybil Walker and a granddaughter Cheyenne Channell Cross.

He is survived by his daughter Robin Dively of Carnegie, Okla. his son Frank Cross of Holdenville, Okla., sisters Henrietta Ellis of Midwest City, Okla., Mary Ann Koons of Colony, Okla. and Lorene Sagebark of Weatherford, Okla. and a host of grandchildren and great-grandchildren.

A wake service was held at the Colony Community Center.

Oklahoma Indian Nation contest winners

Tiny Tot categories:
Girls
Third: Sabrina Sadongei
Second: Jaylen Reveles
First: Hailey Stevens
Boys
Third: Kyle Pratt
Second: Landon Primeaux
First: Flair Popetsaitke
Junior categories:
Girl’s cloth
Third: Raven Morgan
Second: Aiden Cozad
First: Shayla Miller
Girl’s buckskin
Third: Sierra Littleman
Second: Trayla Reyes
First: Maggie Birch
Girl’s jingle
Third: Summer Lietka
Second: Chloe Henry
First: Jandra Levi
Girl’s fancy shawl
Third: Jennifer Morton
Second: Cosetta Jake
First: Yahnna Bender
Boy’s grass
Third: Sage Lamebull
Second: Marchall Reeder
First: Skyla Nacosee
Boy’s traditional
Third: Keith Longhorn, Jr.
Second: Coleman American Horse
First: Ryan Longhorn

Boy’s straight
Third: Cory Chassnah
Second: Robert Pratt
First: Josh Hand
Boy’s fancy war dance
Third: Lorenzo Beard II
Second: Joe Littlebird
First: Cheyenne Pocowatchit
Golden Age categories:
Women’s
Third: Thomasina Leader
Second: Joyce Miller
First: Bobbie Hamilton
Men’s
Third: Howard Todome
Second: Roderick Youngman
First: Darrell Moore
Adult categories:
Women’s cloth
Third: Nico Ross
Second: Hauli Sioux Warrior
First: Celia Redbird
Women’s buckskin
Third: Janet Bullcoming
Second: Ay-kee-mah Robe-deaux
First: Bridget Blackowl
Women’s jingle
Third: Danya Keahna
Second: Brittany Yarholar
First: Donie Pewo
Women’s fancy shawl
Third: Courtney Reeder
Second: Julia Charles

First: Michelle Tsosie
Men’s grass
Third: CC Whitewolf
Second: Notah Wahpepah
First: Dijay Yarholar
Men’s traditional
Third: Ernest Bid Medicine
Second: Jason Bender
First: Matt Little Creek

Thinking of you!

The Culture and Heritage program would like to congratulate all participants of the 2009 Sundance ceremonies. The program has received positive feedback on the success of events at each location.

Continued efforts to support traditional and cultural endeavors are the primary goal of the program, so at this time we ask, “Help us to continue to help you.”

Please turn in 2009 ceremony contribution receipts. By turning in receipts, Culture and Heritage and the applicant will be compliant with finance procedures as well accountable for gaming funds to the tribal council.

Non-compliance will result in denial of future contribution, and we all know how financially difficult it can be to participate in the annual ceremonies.

Once again, congratulations to everyone, and if you have any questions, please contact program offices at (800) 247-4612 extension 27433.



In Loving Memory of Thelma Louise Haag

Mar. 19, 1932-June 24, 2009

In Heaven
I left in such a hurry, I didn't even say goodbye. The good Lord kept on calling, He didn't tell me why. Since I have arrived here I know now why I came. This place is oh so beautiful no one is sick or lame. There are little children playing on hillsides everywhere there is no fear of any kind, no worries not a care. The angels sing with voices clear the greatest victory song. They are waiting for God's children to come up where they belong. There is no one old and feeble, no child abuse is here, I am with all my loved ones where from back on earth held dear. God explained my earthly struggles and why they had to be. He told me why he lingered when I thought he punished me. I should have known his way was best after all his promises given. I'm glad I left it all to Him because now



I am in heaven.

We wish to thank everyone, family and friends, for their love and thoughtfulness to us during our time of grief.
Mom loved her people, the Cheyennes and the Arapahos, they gave and helped and encouraged us as we walked on this road of loss.
Our blessings on each of you.
Children of Thelma L. Haag

Special thank you

The Culture and heritage program would like to thank the following programs and offices for their support of the Buffalo Tours
The programs and office helped to ensure the overwhelming success of the tour held July 22, 2009.
Through their kind, generosity of donated, program promotional items and door prizes each guest went home with a small token of the tribe, and an

Information, history sought

A good day to my native brothers and sisters. My name is Red Magpie Hoof Culbertson. I’m a member of the C&A tribes and I am looking for somebody who can help educate me on the history of our people, language, etc.
I am incarcerated but am not seeking financial help, only knowledge. I appreciate any time and assistance that you can lend. May the Great Spirit watch over you. My address is: Red Hoof Culbertson #T-15656, P.O. Box 7500 – P.B.S.P., Crescent City, CA 95532



Commercial tobacco took control.

You can take it back. Big tobacco companies have invaded our communities and jeopardized the sacred role of tobacco. Right now, we're suffering the deadly consequences. But we can fight back. We can quit commercial tobacco. Because to our people, tobacco use is sacred. And so is our future.

Oklahoma Tobacco Helpline
1 800 QUIT NOW
Free help **764-8669**

Western Oklahoma Tobacco Control Coalition (580) 225-6247

ATTENTION ATHLETES

SPORTS FRAMES



*Sports frames from \$60.00 to \$75.00.
(Prices may vary depending upon your prescription.)*

ARE NOW AVAILABLE

CHECK THEM OUT AT THE DIABETES WELLNESS CENTER.

- You do not have to be diabetic to purchase your glasses.***
- Current prescription is required from your optometrist.***
If you have any questions you may contact us at (405) 422-7679

future

Continued from page 3

zine, *Box-Office*, published a feature story in their January 1944 issue of the Centre’s modern exterior art.

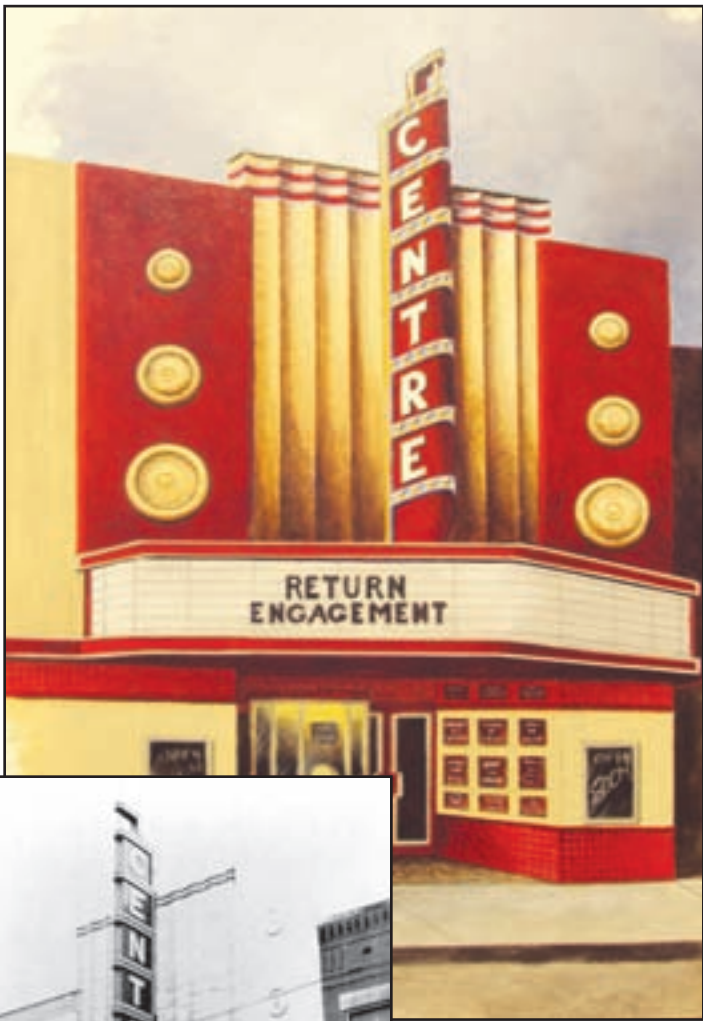
The Centre was a reinforced concrete building that featured stadium seating and took three years to complete due to war-time shortages of manpower and materials. The theatre currently seats 375 people and there is room for more, Stroman said.

“When completed the Centre will be available for school plays, civic group functions, community theatre and we will have special old movie viewings,” Stroman said. “It will also house the offices of the tourism bureau upstairs on the second floor. By renting out the facility for different functions we will also be bringing in revenue to the city.”

The Centre Theatre will be the only building of it’s kind in the city of El Reno with an exterior of all tiles, he said.

“This is a massive job but it will be a showplace when we’re finish with it,” Billy Coats, Coats Tile Company owner said. “There’s a lot to do, but the structure is so well built that it is going fairly well.”

A completion date for the Centre renovations and grand re-opening have not been set. For more information contact Stroman at (405) 262-8687.



Courtesy photos

The sketch by Bill Jaxon depicts what the Centre Theatre will look like when completed.



The Centre Theatre as it appeared in 1944.

Housing

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boards of commissioners, Ida Hoffman, former executive director and Tullane Wilson, former deputy director.

“It is truly amazing how far the Cheyenne and Arapaho Housing Authority has come over the years,” Cook said. “Everyone should be proud of the accomplishments and success the tribes have had through this program and excited about the future to come.”



Photos by Rosemary Stephens

Kyla (r) and Leslie (l) Sage, members of the Oklahoma Native Dance group, perform at the Housing Authority birthday celebration.



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